

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS.

U. S. DEPARTMENT OF AGRICULTURE
AND STATE AGRICULTURAL COLLEGES,
COOPERATING.

STATES RELATIONS SERVICE, OFFICE OF
EXTENSION WORK, NORTH AND WEST,
WASHINGTON, D. C.

BOYS' AND GIRLS' CLUB WORK.

SUGGESTIONS AND INFORMATION FOR CANNING DEMONSTRATORS.

By O. H. BENSON, *in Charge of Boys' and Girls' Club Work.*

[These recipes are part of the follow-up instructions in boys' and girls' club work. The complete series includes Forms NR-21, NR-22, NR-23, NR-24, NR-25, NR-26, NR-28, NR-29, and NR-30.]

1. In taking up the work of canning clubs, follow but one set of instructions. If you use instructions from different sources, you will have trouble.

2. No child or amateur should be started on the canning of soups or meats the first season. Canning-club members should be taught to can the simple, inexpensive products of the orchard and garden which would otherwise go to waste.

3. Do not use imported fruits and vegetables in demonstrations if it is possible to secure cheap, inexpensive products grown in the community. To teach the canning of pineapples and bananas in the Northern and Western States and neglect the canning of beans, peas, and tomatoes is a serious mistake, as much out of place as teaching the use of finger bowls before teaching the use of knives, forks, and napkins.

4. The United States Department of Agriculture has not published standards of weights required in the case of canned fruits and vegetables offered for sale in glass jars and cans. The rule is to fill the cans as full as possible with fruits or vegetables before adding the liquid. However, the weight should always be stated on the label.

5. Become familiar with the requirements of the Federal Food and Drugs Act of June 30, 1906, as amended, especially the requirements in regard to the statement of net weight or measure, and the State laws covering grade, weight, labels, and trade-marks of all canned goods. Canned goods prepared for sale within a State are governed by the State regulations. Canned goods prepared for interstate shipment come under the requirements of the Federal Food and Drugs Act as well as State regulations.

6. The live steam generated in a steam canner can be successfully used for scalding products such as peaches and tomatoes and for blanching products like beans, peas, sweet potatoes, and greens.

7. If cans bulge at both ends after they have been completely cooled, it indicates that the product has spoiled.

8. In giving instruction in the use of glass jars begin by teaching people to use those already on their shelves. After having made it clear that it is possible to use all types of containers, suggest other successful types (not makes) and teach the methods of testing. Make sure that the importance of good rubbers is appreciated.

9. Avoid the appearance of advertising any kind of equipment. The work of the club leader and demonstrator is to use a canner to represent a type. It is always well to have samples of several different types on the platform during the demonstration. Efficient labor-saving devices for home canning are important to the work and should be encouraged, but repre-

sentatives selling canning equipment should be discouraged from attending demonstrations given by club leaders.

10. In presenting the canning as a demonstration it is not always to the best advantage of the demonstration to meet the wishes of the community. A community that desires in one demonstration the canning of everything from strawberries to fish is asking too much. Be guided by what you know is best. It is never advisable to give a "dummy" demonstration where equipment is used but no products are actually canned.

11. When you find you have been placed on a program for a 30-minute canning demonstration, it is advisable to give a club canning talk instead. A canning demonstration completed in 30 minutes injures the reputation of the demonstrator and is not helpful to the work.

12. Two types of canning demonstrations should be recognized—one for club members and one for the training of teachers and leaders. Parents and other interested adults should be invited to demonstrations when practicable. In canning demonstrations for club members the progress should be slow and the demonstration very thorough. A single homemade hot-water-bath outfit should be used in such a demonstration. When presenting the canning work to club leaders and adult housekeepers the progress should be more rapid and types of outfits discussed.

13. Avoid prolonged discussions on the scientific side of canning. If necessary, invite the party to meet you in conference after the demonstration. Do not permit one argumentative person to delay or interfere with the success of the demonstration.

14. A well-laundered costume, suitable table cover, and carefully selected and well-arranged equipment make for an efficient demonstration, but a clutter of jars, canners, pans, kettles, and other labor-saving devices confuses the club members and leaders and lessens the value of the demonstration.

15. Whenever possible, it is advisable to leave in the community the fruit and vegetables canned in the demonstration. When it is not possible to completely sterilize a jar or to re-sterilize one on which the top or rubber is defective, be sure that the top and rubber are removed at the close of the demonstration, so that defective jars may not be confused with the perfect packs canned by the demonstrator.

16. Suggestions and instruction to local committees in charge of arrangements for home-canning demonstrations similar to Form NR-52 will aid in securing proper preparations for the demonstrations.

(Issued May 31, 1917.)